



TENNder CARE

✓ Check In ✓ Check Up ✓ Check Back



Get Help Now!

**If you are thinking of hurting
yourself or someone else,
GET help NOW!**

Prevent depression and suicide.

Warning Signs of Depression and Suicide:

- * **Sadness that won't go away**
- * **Losing interest in what used to be fun**
- * **No longer hanging with your friends**
- * **Thoughts of harming or killing yourself**
- * **Anger or rage**
- * **Suicide threats**
- * **Talking about death or feeling helpless**
- * **Giving away things you value**
- * **Change in eating or sleeping patterns**
- * **Severe drop in school performance**

**Tell a friend, a teacher, your guidance counselor or
Dial 911 and/or contact: The Family Assistance Service Center at 1-866-311-4287**

Para información acerca de TennCare en español llame at 1-866-311-4287
To learn more about TENNderCARE, visit: www.tennessee.gov/tenncare/tenndercare

TENNESSEE'S EPSDT PROGRAM



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